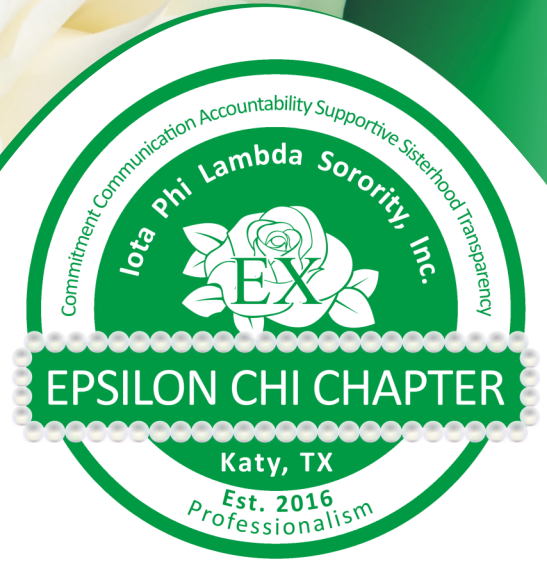


EPSILON CHI EXPRESS

EXceptional Women doing EXtrordinary Things



I
Φ
Λ



President's Message



Greetings Sorors,

I just want to simply say, "I miss you".

I hope all is well and that you are being safe by practicing social distancing and wearing a mask or some type of face covering to help prevent the spread of Covid-19.

Have you responded to the 2020 Census? Every ten years, the census is conducted in the United States. Responding to the census is important because it determines how billions of dollars in federal funding flow into states and communities each year and the number of seats in Congress for each state.

If you have not already completed the 2020 Census, please do so to prevent someone from having to come to your home to conduct it. You may complete the census online, by phone, or by mail. To complete the 2020 census online go to 2020census.gov . Iota Phi Lambda Sorority, Incorporated is a national partner and supporter of the 2020 Census. Also, encourage everyone you know to complete the 2020 Census. It matters.

I want to encourage you to check on Sorors in our chapter and in other chapters who live alone, because they have very limited personal contact with others during this pandemic.

I look forward to seeing everyone when it is safer to do so.

In Sisterhood & Service,
Gloria Davis | Epsilon Chi Chapter President

EPSILON CHI EXPRESS

EXceptional Women doing EXtrordinary Things

Content

President’s Message	1	Soror Birthday	3
Calendar of Events	2	Get to Know Our Soror	4
Chapter Partnerships	3	Soror on the Move	4
ACORN to Excellence.....	3	National Mental Health Month.....	5-6
		Business Corner.....	7-8
		Recommended Business Books	9
		Health Awareness.....	10
		Regional and National News.....	12
		Amazonsmile.....	12
		Chapter Officers.....	13

Calendar of Events

May 16, 2020— Sorority Membership Mixer

June 6, 2020 — 73rd SWR Conference (Virtually)

TBD— Sorority Rush

TBD—Candidate Interviews



ACORN to Excellence Foundation

The Epsilon Chi Chapter's Wine Pairing was a huge success!

The ABC of Wine Pairing was an excellent opportunity to network with like-minded individuals while supporting ATEX Foundation scholarship fund to help promote the youth and women interested in STEM, entrepreneurship, and business-related fields. I enjoyed a great evening networking with business owners and professionals. I especially enjoyed the showcase of one of their young entrepreneur's cake pops business. I was impressed with the presentation and entrepreneurial skills exhibited. ATEX Foundation is a great organization inspiring and empowering our youth and women. ~ Soror Wanda McKinnies

I thoroughly enjoyed the wine tasting and appetizers! I learned about the wine varieties and how to best pair them. The audience was fun and presenter was knowledgeable. ~ Soror Donna Mitchell

The Wine Pairing was indeed a pleasure to partake. I tasted, paired, learned, laughed, and networked with the residents and professionals of Katy and West Houston. I look forward to next year's wine pairing. ~ Eureka Patton



SOMETIMES WINE IS JUST NECESSARY

ATEX
WINE
PAIRING
2020

Supporting Women & Youth in STEM,
Entrepreneurship, & Business related fields.



Acorn to EXcellence
FOUNDATION



Get To Know Our Soror

Epsilon Chi invites you to get to know Soror Marchisha Dottrey

We asked Soror Dottrey:

What makes you who you are?

My Louisiana upbringing! The values that my grandmother instilled in me play a very important role in what makes me, me. I was taught to love & pray for EVERYONE (even when it's hard) and to never forget the sacrifices that my loved ones made for me. I was also constantly told to strive to be the light in a dark space or season.



What is your greatest achievement?

My greatest achievements are completing my BBA studies, founding a women's organization (R.A.W.), and maintaining valuable friendships during one of the most challenging seasons of my life.

Name an influential woman you would like to invite over for dinner and conversation?

I would love to have dinner with actress and activist Viola Davis.

Name one thing you wish someone had told you when you were younger?

Took financial classes and studied as much as possible about budgeting and saving.

What do you like to do for fun?

I enjoy making memories with my loved ones. I am the happiest when I am with family and friends regardless of the occasion... LIFE is as fun as you make it!

#JOINTHECONVERSATIONTHAT'S TAKING PLACE ACROSS THE NATION

COVID-19 BUSINESS VIRTUAL PANEL

#STAYSAFE

JIMMIE WILLIAMS

DR. SHAMONIA WIMBERLY

JOHNNY MACK

MICHELLE SAXTON

SANDY WELLS

SHERRIKA HUNT

TAVIA SOLARI RAFEL HASKER

#EMPOWERMENT
#ENCOURAGEMENT
#ENRICHMENT

JOIN US ON FACEBOOK LIVE FROM THE COMFORT OF YOUR HOME
REGISTER AT WWW.INFLUENCERSNATIONS.COM TO GET YOUR FREE COVID-19 BUSINESS MANAGEMENT E-BOOK.

FRIDAY APRIL 24, 2020 7 PM CST / 8 PM EST
HOSTED BY COACH SHELLA HENRY

Soror on the Move

Soror LaSandra Collins was a guest speaker on the COVID-19 Business Virtual Panel discussion. The discussion involved speaking about the affects and impact of the Coronavirus on the African-American community and businesses as well as offered resources to aid in weathering this pandemic.

Mental Health Awareness Month

May is National Mental Health Awareness Month! The Epsilon Chi Chapter wishes to promote Mental Health Awareness.

Why Mental Health is Important by Eleanor Ward



Our mind is the lens with which we look at the world. Living well is not always about having the right circumstances, it's about having the right mindset with which we approach our life.

Mental health is the quality of our feelings, emotions, thinking, and moods. Just like our physical health, it is equally as important for living a better life. If we are mentally healthy, we enjoy ourselves, our environment, and the people that surround us. It can help us be flexible, creative, and encourage us to take risks and cope better with our life challenges.

Being mentally healthy is not always about being either mentally well or mentally ill. We all have ups and downs. For a better understanding, let's take a look at how the World Health Organization (WHO) defines mental health:

"Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community."

Peak mental health is not only about the absence of mental disabilities but also about ongoing wellness and happiness.

Individuals with good mental health have:

- ◆ A sense of contentment with life.
- ◆ Enthusiasm for living and the ability to have fun in life.
- ◆ A sense of purpose and meaning in both relationships and other life activities.
- ◆ Ability to learn new things and adapting to change.
- ◆ A balance between work, play, activities, and relaxation.
- ◆ Self-confidence and high self-esteem.

How to develop better mental health

The majority of people don't enjoy perfect mental health. And there's nothing to be embarrassed about if we face some issues. Anyone can suffer from mental health problems and there's a good chance almost all of us will.

Almost all of us are working in one way or another to keep our mental health in check. The following techniques can work as excellent catalysts for boosting our overall wellbeing. Let's take a look at different ways with which we can develop better mental health.

Change your inner dialogue

Most of our stress comes from within ourselves. We all have an inner critic that guides and judges us on every step. Initially, it is there to help us, but sometimes it can start working against us. The quality of internal thoughts we have about ourselves directly impacts our moods, confidence, and self-esteem.

Are your thoughts negative and self-deprecating? Do you often overthink and automatically assume the worse? If you have such thoughts, you need to be aware of them when they are happening and replace them with positive and more helpful thoughts. In this way, keeping an eye on your thinking patterns will help you be more positive and keep negativity at bay.

Mental Health Awareness Month

Develop healthy connections

The kind of people we spend our time with have a direct influence on our thoughts and mental well-being. No matter how strong you are, you will always need the company of good people around you to feel and function your best.

Having good relationships is also linked to increased happiness and overall satisfaction with life. Being with worthy people means you face less stress and develop healthy behaviors.

Spend more face-to-face time with your important friends and family. If you have any issues, always share them with your loved ones. A problem shared is a problem half solved. Hang out with friends more often than spending time alone at your house. You will experience a noticeable improvement in your happiness and mental health.

Pay attention to your physique

There's an intrinsic connection between our mind and body. If you feel well physically, you will definitely feel the benefits in your psychology as well. Exercise is also an excellent natural stress reliever. When you exercise, your body releases hormones called Endorphins.

Endorphins decrease stress in your body and automatically make you feel better. Having a good physique and being confident in the way you look builds self-esteem. If you're a complete beginner, you can start with a 20-minute jog each day. Even this will show you great benefits. There are also some relaxation techniques that you can try alongside exercising to feel the full benefits of your mental health.

The Takeaway

Being mentally healthy is vital for living a fulfilling life. Unfortunately, we don't pay as much attention to our mental well-being as is needed. Realizing the importance of mental health and using different techniques above can lead to a healthier and more satisfying life.

Eleanor Ward is a Certified Life Strategy Coach and can be contacted at:

<http://www.eleanorward.com>

IG: @biggerfishtofrycoaching

Phone: 469.777.9121



Let me start by asking a question- what did it take to realize that **YOU** are required to take an active role in the navigation of your career? Was it getting passed over for a promotion that you really wanted? Better yet, did your company post and hire externally for a role in which you were interested?

Many of us learn this lesson the hard way but by the time we are made aware, it's too late to change the course of direction for our desired opportunity.

Strategic career navigation is one of the most essential requirements that should be integrated for professionals today. In this article, I'll share three things you can start doing today to become more intentional about navigating career success.

One of the first things that you can do is focus on the importance of goal setting. Far too many people fall into their careers and simply allow things to happen to them. The alternative is setting goals to determine where you want to be, how you'll achieve your desired goals and identifying the necessary resources, mentors and experience that will be required to achieve those goals.

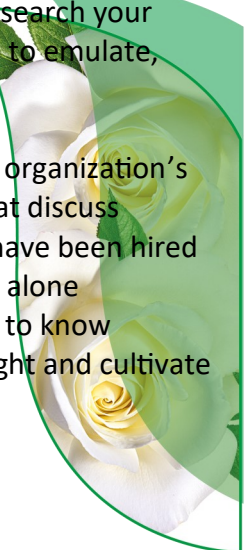
When you set goals, it is important that they're S.M.A.R.T. (Specific, Measurable, Attainable, Relevant and Time-Oriented). Les Brown once said, "most people fail in life not because they aim too high and MISS; but because they aim too low and HIT!" It's imperative that we set goals that align with where we desire to be, keep those targets in sight and also hold ourselves accountable in achieving our desired results.


Upon hearing the term "networking" most people automatically begin to think of events where individuals pass out cards and cringe at the thought of meeting new people that they'll likely never stay in touch with. They do not understand the importance of networking in career success.

Networking is so much more than that! I consider networking to be the intentional building of mutually beneficial partnerships and relationships that can help you achieve success, which can be done both internally and externally.

Think back to the last company events you attended. At majority of these events, you may have noticed most people primarily gravitating to colleagues they already knew and those that they work with daily. Rather than continuing with this method that offers minimal value, you can instead research your company in advance to identify those who are in positions that you admire and desire to emulate, venture out to speak with them and others to whom regular access may be limited.

In the event that your company has one, you may also consider becoming active in your organization's Employee Resource Group (ERG), groups that gather based on shared commonalities that discuss strategies that enhance career development. There have been numerous times when I have been hired to speak for African-American ERG's and less than half of the attendees are minority, let alone African-American. Becoming active in ERG events is invaluable time that's spent getting to know colleagues, demonstrating expertise and can also be chances for personnel to glean insight and cultivate relationships that can assist tremendously with career navigation.





Lastly, if I were to ask what you think of your supervisor or manager, would your response be positive or negative? Far too many people see their supervisors from an adversarial perspective or a generalized authoritative capacity and nothing more. One of the last pieces of advice that I'll share is the importance of embracing effective relationships and enhancing supervisory communication. The relationship with superiors can often make or break career advancement, which is especially true for minorities.

To build better relationships, I recommend convening with your supervisor monthly (no less than quarterly) to identify goals that are specific to you. This is not typically something that's done standardly, so you may have to request the sit down.

When you show up to the meeting, come prepared to take notes. You can also request feedback from supervisors on your performance with the intention of striving to improve those things and checking-in to verify that your actions are aligning with targeted results. Most employees only receive feedback during annual performance reviews and by that time, it's too late to do anything about areas requiring improvement.

This meeting can also be your chance to share relevant goals with your supervisor. Ask them where they see you going in the company and share organizational goals they may be able to help you achieve.

Strategic career navigation is essential because as with most things in life, you'll get out of your career and relationships what you put in and if you do not invest much, the returns will likely be minimal. I hope that you'll choose today to begin implementing these strategies to encourage intentional career growth and success.

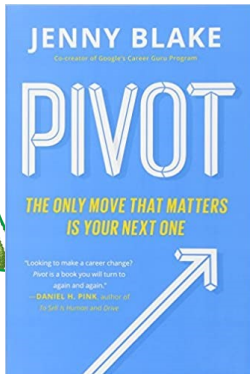


Juanita Hines is a Career Optimization Consultant, that specializes in empowering individuals to optimize their careers. She has spoken to audiences ranging from employee resource groups within various industries ranging from automotive and engineering to education and healthcare to students in colleges and universities to help equip them with insight to aid students in optimizing transitions to post-secondary career opportunities. She is author of the Amazon Bestselling "Master Your Career Playbook: Resumes".

Juanita contact information is below:
Regional Consulting
Realism- When You Need to Know
(703) 731-2371
jhines@regionalconsult.com
www.regionalconsult.com
www.linkedin.com/in/juanitahines



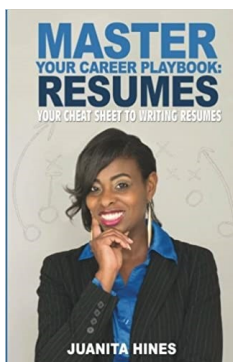
Recommended Business Books to Read



What's next? is a question we all have to ask and answer more frequently in an economy where the average job tenure is only four years, roles change constantly even within that time, and smart, motivated people find themselves hitting professional plateaus. But how do you evaluate options and move forward without getting stuck? Jenny Blake's solution: It's about small steps, not big leaps—and the answer is already right under your feet. This book will teach you how to *pivot* from a base of your existing strengths.

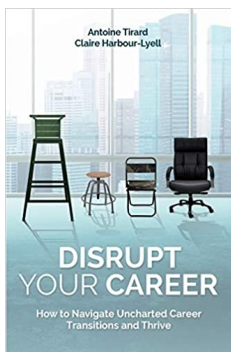
Pivoting is a crucial strategy for Silicon Valley tech companies and startups. Jenny Blake—a former training and career development specialist at Google who now runs her own company as a career and business consultant and speaker—shows how pivoting can also be a successful strategy for individuals looking to make changes in their work lives, whether within their role, organization or business, or setting their sights on bigger shifts.

You can purchase on Amazon, click the link: [Pivot](#)



This book is a resource that will help students and professionals have a better understanding of the recruiting process, identify relevant experience and learn how to customize resumes that will attract the attention of hiring managers and employers.

You can purchase on Amazon, click the link: [Master Your Career](#)



Professionals face many critical crossroads in their careers, sometimes unpredictable, sometimes more expected, but for which they were often not truly prepared. This book discusses many such career transitions - from leaving a corporation to joining a non-profit, evolving from athlete to executive, or returning to a former employer. Using the stories of 50 leaders from all over the world, the authors describe what provokes the change, the challenges it creates, how the individual is surviving the transition, and what effective leaders do to navigate and grow from it. *Disrupt Your Career* offers a simple, easy-to-use framework to help make the most of any uncharted transition. Drawing on examples of a wide range of companies, it also provides recommendations to help organizations better acquire, develop and retain talent.

You can purchase on Amazon, click link: [Disrupt Your Career](#)

COVID –19 continues to be a threat to our community, “Prevention is better than a cure.” Here are some tips to keep you and your family safe. Whether you are a caregiver or not these practices will help you minimize your exposure as well as you exposing others.



COVID-19 CAREGIVERS: How to Stay Safe at Work and at Home



In general, items worn into a care setting should be treated as if they could potentially be contaminated. Follow these steps to lessen the possibility of bringing contaminated materials into your home.

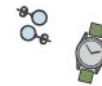
BEFORE & THROUGHOUT YOUR SHIFT



Start each shift with clean scrubs or street clothes — consider changing into dedicated work scrubs once you arrive at the hospital.



Minimize the number of items you bring into and take out of your workplace every day.



Keep non-essential personal items in a clean area throughout your entire shift.



Disinfect your phone at the start of your shift and place it in a clean, sealable plastic bag. It will still work through the plastic bag.



At the start of your shift, disinfect your work area by wiping it down completely with disinfectant wipes.



Have a “clean” pocket and a “dirty” pocket and try not to mix them up. For example, pens used while on shift go into the dirty pocket.



Wash your hands (or use alcohol-based sanitizer) before touching your face or adjusting your mask. Never touch your face or your mask without clean hands.



Follow standard PPE protocols and guidelines throughout your shift.

AFTER YOUR SHIFT & RETURNING HOME



At the end of your shift, disinfect your ID badge, pens, stethoscope and other items brought into the care environment.



Thoroughly wash your hands, arms and any other possibly exposed parts of your body.



If you wear your work clothes home, remove them at a specified point of entry — avoiding contact with your eyes or mouth.



Change out of your work shoes and leave outside the door — do not wear them into your home.



Immediately place all work clothing in washing machine — wash on “hot” using a long cycle and detergent.



Shower immediately upon arriving home — using hot water and including washing your hair.

ICPD42020



Regional and National News

National News



Iota's Lola Mercedes Parker Foundation for the Economic Empowerment of Women (LMPF) is seeking board members. They are seeking qualified individuals to serve on the board. Talents and skills in fundraising, grants writing, governance are all needed. Visit here for more details: [LMPF Announcement](#)

The National Publicity Committee (NPC) [Visibility Campaign 2019 to 2020](#): One Day at A Time kicked off early September 28, 2019.

Save the date. LMPF Symposium 2020 is coming. More exciting news forthcoming. Visit <http://lmpfdn.org> for more details.

Did you miss Symposium 2018, no worries check out the video: [LOLA Mercedes Parker | Ignite Gala & Youth Leadership and Innovation](#)



Amazon Smile

Shop with a purpose. Amazon will donate 0.5% of the price of eligible AmazonSmile purchases to the Lola Mercedes Parker Foundation for the Economic Empowerment of Business and Professional Women.

(Click AmazonSmile below to shop.)



Happy Birthday

Soror Theresa Cooper — 05/27



2019 -2020 Epsilon Chi Chapter Officers



Gloria Davis
President



Donna Mitchell
1st Vice President



Katrina Warren
2nd Vice President



Eureka Patton
Corresponding Secretary



Trina Moore
Financial Secretary

Position vacant
Recording Secretary



Wanda McKinnies
Treasurer



LaSandra Collins
Journalist



Redessa Shaw
Dean of Intake

Sorority Meeting

2nd Saturday of Every Month
10:00 a.m. - 12:00 p.m.

Epsilon Chi Chapter

P. O. Box 6398, Katy, Texas 77491

SORORITY LEADERS



Dorothy White
23rd National President



Vahnita D. Loud
Southwestern
Regional Director



Gloria Davis
Chapter President

National Theme:

Business and Professional Women Building the Foundation for Generational Financial Empowerment





Regional Theme:

Affirming the Legacy, Bonding in Sisterhood and Committing to Business and Developing Leaders

Chapter Theme:

Building On Our Legacy

National Headquarters:

-  202- 462-IOTA
-  1325 G Street NW, Suite 500
Washington, D.C. 20005
-  iotahq1@gmail.com
-  www.iota1929.org